

# BRIDGES

WEDNESDAY, SEPTEMBER 9, 2015

**FOOD:**  
Ratatouille uses  
up extra garden  
vegetables **P. 9**

**MUSIC:**  
Moniker a perfect fit  
for Moose Jaw punk-  
rock band **P. 18**

**WINE WORLD:**  
Chileans produce  
sauvignon blanc at  
bargain prices **P. 19**

A STARPHOENIX COMMUNITY NEWSPAPER



## STEPPING UP FOR FAMILIES

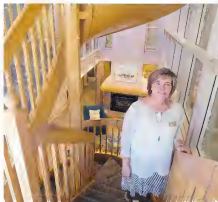
HOW RONALD MCDONALD  
HOUSE BECOMES A HOME  
FOR SO MANY

**P. 4**



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Executive director Terrie Pommeroy says Ronald McDonald House has a welcoming, supportive atmosphere. PHOTO BY GREG PENDER

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## # FOOD P. 6



Patensville is a busy dish to prepare, but it takes time to chop the vegetables and cook them separately. RECIPE PROVIDED BY GREG PENDER

## BRIDGES COVER PHOTO BY GREG PENDER

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# ON THE COVER

When he got there, it was like, where is he going to stay? — Rosalynn Buzzeo

# RONALD MCDONALD HOUSE

## A second home for families

By HenryTye  
Glazebrook

When Madison and Owen Buzzeo were born, their mother Rosalynn knew something was wrong when the latter twin came into the world struggling to breathe.

Owen had pulmonary valve stenosis, a condition in which a deficiency at the heart slows blood flow into the lungs. Owen and his father Tom, were immediately airlifted from Regina to Saskatoon for emergency heart surgery. Rosalynn, having just undergone a cesarean section, had to stay behind.

"It all happened so fast. You don't even have time to think. We asked, 'Does he have time to go home and get stuff?' and they said, 'No. We have no idea when the flight crew's going to be here, and if you're not here when they are that's too bad,'" Rosalynn said.

"We went with the clothes on his back. He had nothing. When he got there it was like, where is he going to stay? There was no car because he'd flown out there with his son. He found the Ronald McDonald House there."

That was the Buzzeo family's introduction to the Ronald McDonald House, from then they would come to view it as a home away from home.

Ronald McDonald House Charities is an international organization that provides affordable living for families with children 12 years of age or younger who are undergoing medical care. Saskatoon's house is the only one of its kind in Saskatchewan.

Flash forward four years, and Rosalynn is now a proud mother of five. She lovingly counts her sons all as one, a diagnosis followed by two sets of twins — each of which had a brother who came into the world with a serious heart defect.

Quintus, who makes up the Buzzeo's youngest pair alongside his brother Ethan, was born with only half a heart.



Rosalynn Buzzeo and her sons, Owen (left) and Quintus in their Regina home. Rosalynn has spent time at Ronald McDonald House in Saskatoon when her sons have been treated in hospital, as seen here in their home.

Rosalynn's experience being separated from Owen, during his own procedure, despite its happy ending, had been a crushing experience for her. Thanks to her husband's time at the Ronald McDonald House, it was one she wouldn't have to repeat.

"Even though I had children at

home that needed us, still not being able to be there for Owen really put a hole in my heart. When Quintus was born, we knew that we didn't want to have that happen again. The house has made it possible for all of us to stay together and support each other and be there for each other."

Keeping up with Rosalynn's condition has meant repeated trips to and from Saskatoon for the Buzzeo family, with everything from blood work to changes in medication to multiple hours' surgeries meaning another trek northward from their Regina home — and another stay

in the multi-story home known by its patrons as The House That Love Built.

After long stretches watching over her son at the hospital, Rosalynn described returning to the house to see that its volunteers had prepared a hot meal.

A lot of these people have their kids with them. They're coming back with a family that's tired from staying at the hospital or with kids doing chemo who aren't feeling good. Food is such an important thing — Darlene Kruger

"That's huge. That means you can stay at the hospital with your children all day and you can be there for them. When we're staying at the house as a whole family, I don't have to worry about — oh my goodness — what am I going to cook for dinner tonight?"

...

When her mother died, Darlene Kruger learned firsthand how difficult it can be to do something as simple as cooking a decent meal in times of stress.

She remembers coming home from the hospital after sitting with her mom for hours, standing in the kitchen and feeling her stomach to prepare any food. Now she's volunteering with the Ronald McDonald House to ease similar situations for other families.

"A lot of these people have their kids with them. They're coming back with a family that's tired from staying at the hospital or with kids doing chemo who aren't feeling good," she said.

"Food is such an important thing."

When Kruger retired in 2014, she looked to volunteering as a means of maintaining a regular day-to-day schedule while helping her community.

Though she wasn't entirely sure what the Ronald McDonald House was, she found it had a use for the strengths she'd developed over a career as a registered nurse and a home life as a mother and grandmother.

"I had driven by it the 16 years that I had worked in dentistry and I never knew what it was. I read a little bit online and I realized — I love cooking and I love baking, and I thought I would love to have a volunteer job where I could use some of those skills."

Kruger is what's known as a *gen* and *volunteer*. Though the Ronald McDonald House welcomes a wide net of specialized volunteers doing anything from gardening to maintenance, Kruger's strengths shall have her tackling a little bit of every thing.



Darlene Kruger prepares food at Ronald McDonald House. She has combined her love of cooking with a desire to volunteer by preparing meals for people who stay at the facility. BRIGGS PHOTO BY JACOBUS MARCUS

We say quiet time is 11 o'clock, but there are sometimes moms baking at two in the morning because they can't sleep — and they can do that here. — Tammy Forrester



Ronald McDonald House executive director Tammy Forrester says the goal of the houses across the world is to make them feel like a second home. Photo by Mike Hinkle

Her specialty is staying through the fridge to see what food there's too much of and shopping together a meal from what's available. Other days she'll make sure the cookie jars are fully stocked with fresh treats to welcome incoming families. Sometimes she simply lends a sympathetic ear.

"Not that long ago, I was sitting and peeling potatoes for the supper. One of the grandmas came in and she was looking for someone to talk to," Kruger said.

"She was there supporting her family who had a child in the hospital, and she was just needing for someone to sit and talk with her. She said, 'I don't want my family to

know how I'm feeling. They're dealing with so much.'"

...

"The night is not an uncommon one for volunteers and employees at the house. For the Ronald McDonald House, having personnel on hand to listen, give parents a break by holding up their baby around the block or preparing a meal to welcome them back from the hospital is business as usual."

"For the most part, they're just surprised when they get here because they don't know what to expect from a Ronald McDonald House unless they've been to one. I think they're overwhelmed by the support that un-

usually happens here," said Tammy Forrester, executive director for Spokane's Ronald McDonald House.

"We've got a really strong, caring, loving staff, but we also extend that to our volunteers."

Forrester describes the house's initial 1970 design as being similar to a bed and breakfast, with families staying in its 13 rooms sharing amenities such as bathrooms. Last year construction was finished on an expansion that added another 25 suites, 36,000 square feet and made sharing restrooms a thing of the past.

At only \$10 a night per family, the house offers a clear financial incentive for families in need. But, Forrester says, typical visitors are a

blend of those who couldn't otherwise afford accommodations while their children seek medical care and those who rely on its services to make their stay in the city feel closer to their routine.

The house offers a host of amenities to make it feel more like home: two full kitchens, laundry on each of its four floors, a fitness center for parents, a barbecue and patio ready for the heat of summer and even a media room with a Nintendo Wii for when poor weather keeps families hunkered indoors — all of which is available around the clock.

"We say quiet time is 11 o'clock, but there are sometimes moms bak-

ing at two in the morning because they can't sleep — and they can do that here. It's that free-flowing ability to just be at home in this space," Forrester said.

"I think most of the families really appreciated that opportunity to be here when they need to."

It all adds up to what Forrester says is a welcoming, supportive spirit that sets the Ronald McDonald House apart from other temporary housing.

"That is really the goal of houses across the world: to make it feel like a home away from home, not to feel like an institution or a hotel. We want people to feel comfortable here, have people stay for months and then really to their home," she said.

The people there genuinely care about you. When you come home from a long day, they ask, 'How are things? How's your baby doing?' — Rosalynn Buzzco

...  
The House's largest stay in hospital was 48 days, and they took the Ronald McDonald House for making such trying times a little easier.

"Without the House, I don't know that I could have been a help for all of us to stay together as a family while Quinn was undergoing his life-saving surgeries. We'd need to get up with a family of seven!"

Between visits, Rosalynn spends her spare time putting together collections of stuffed animals and care packages of small items — crayons and coloring books usually being a staple — to hand deliver next time she's in Saskatoon. She says the gesture is a small step toward reassuring some of the kids she's left waiting through the doors.

"The people there genuinely care about you. When you come home from a long day, they ask, 'How are things?' Here's your life update!" They

have a genuine love and compassion for the children and the families that stay them."

Rodgers is also on the planning committee for the Red Shoe Walk, an event to be the inaugural year taking place Sept. 15 in Saskatoon, Sept. 15 in Regina and other Saskatchewan cities. On those days, supporters of all ages will take part in a walk to raise awareness for the Ronald McDonald House and to pledge their support for its cause.

"They've done so much for us and for our families. It's the very least that I can do in my own life to help support them in any way that I can. We're a large family. We're single parents, but I can give my time," she said. It is a cause that's very close to our hearts. If there's anything I can do for the Ronald McDonald House, I do it."

rdmhouse@ronaldmcdonaldhouse.ca  
saskatoon@ronaldmcdonaldhouse.ca



Robyn Rodgers and her husband, Tom, with their children, from left, Hudson, Owen, Elian and Quinlan in front of the Ronald McDonald House in Saskatoon.

## Saskatoon's Newest Modern Age-in-Place Design Suites



### HYDE PARK VIEW

333 Simmon Place  
Saskatoon, SK



- Quartz Countertops & Large Islands
- Master En-Suite Walk-In Closet
- 9-Foot Ceilings
- Guest Suites
- 6 Appliances
- Outdoor Terrace with Hot Tub & BBQ
- Games Room & Exercise Room
- Hair Salon
- Workshop
- Three Elevators
- Heated Indoor Parking
- Radiant In-Floor Heat
- Huge Barrier-Free Shower
- Library & Mini-Theatre
- Digital Video Security
- First Class Dining Facility

### Life-Lease Suites for 50-Plus Adults with Personal Care Suites Attached

Hyde Park View is transforming the concept of adult housing in Saskatoon. This new 50-plus housing development is ideally located across from Hyde Park and is surrounded by many trees and facilities in Lakewood / Rosewood.

Life-lease suites are pre-selling with 19 units still available in this stunning 4.5 story building. Floor plans range from 821 to 1262 square feet, including one bedroom-plus-den, two bedrooms and two bedroom-plus-den suites.

Age-in-Place Design includes 36-inch wide doorways, spacious floor plans and a seven-foot, turn-free walk-in tiled shower enclosed in glass.

Every life-lease suite receives one outdoor parking stall in the secure, heated, parkade, with adjacent individual dry washed storage rooms. Residents enjoy free access to the numerous attractive amenity spaces.

When independent living becomes a challenge, individuals can move to the specially designed area where personal care is offered 24 hours a day.

Call Shelley Davis at (306) 612-3338 and visit [www.hydeparkview.org](http://www.hydeparkview.org) online for more information. You are also invited to drop by Elm Lodge (1123 Main Avenue) between 9am and 4pm to pick up a sales package.

306-612-3338

Contact  
Shelley Davis

[www.hydeparkview.org](http://www.hydeparkview.org)

*Above Your Expectations!*

# IN THE CITY

# SEPTEMBER 2, 2015 - 2:27 P.M.

## Students get their bearings



The hall at the University of Staffordshire was busy during Orientation: the official welcome for new students on Sept. 2. Many colleges had displays and guided tours to help students get used to the university. STAFFORDSHIRE COMMUNITY



# FOOD

See a food trend you think deserves a highlight in Bridges?  
Email [bridges@thestarphoenix.com](mailto:bridges@thestarphoenix.com)  
or visit Bridges on Facebook

## #RATATOUILLE

# Stew uses up extra garden vegetables

By Renee Kohlman

This is the time of year when gar den and markets are bursting with lovely fresh produce. Sometimes are hanging off vines, sometimes are apparently multiplying overnight, capnitas glaze and sweet peppers these jewels of the garden, are waiting to be transformed into something delicious. We wait all year for this bounty and if we are lucky there is a surplus of goods.

Sure you can be neighborly and staff markets into machines to help with the inventory and I don't know anyone who would turn down an offering of homegrown tomatoes, but even then, there will remain a time when you just have so much produce to use it up right now. That's where ratatouille comes into the picture.

From the French verb "to suffer" meaning "to stir up," ratatouille originated in the area around present-day Nice as peasant dish cooked up by farmers. This vegetable stew is the perfect project for a busy Sunday afternoon. While it's an easy dish to prepare, it does take some time to prep the vegetables and cook them separately.

However once they are all in the pot, mingling away, you put off back and relax and give the pot a lot of a stir every 30 minutes or so. The longer you cook it, the more of a silky stew it will become. The longer vegetables cook it for less time.

While it's perfectly acceptable to eat ratatouille the day it is made, I prefer it warmed up the next day after the flavors have developed. Serve it warm in a bowl drizzled with your finest olive oil. Have a hunk of good bread at the ready. You may also love it with hot pasta upon it over po toatoes, baked eggs to it and it makes a mighty fine pasta topping. The possibilities are endless.

This recipe makes enough to feed a hungry crowd, still with some left over to freeze. Now, isn't this better than wondering all that produce will be tossed by neighbors?

## Ratatouille

- > 2 large eggplants
- > 2 large onions, sliced
- > 3 sweet bell peppers, chopped
- > 4 medium zucchinis, sliced
- > 4 large tomatoes, chopped
- > 1 bag olive oil
- > 10 cups red wine
- > 6 slices garlic, sliced
- > 2 bay leaves
- > 5 sprigs thyme
- > 1 cup smoked paprika
- > 1 cup red chili flakes
- > 1 cup honey
- > 10 cups loosely packed fresh basil, about one ribbon 2 bags balsamic vinegar
- > salt and pepper
- > basil for garnish

## Instructions

Chop eggplant into horizontal chunks. Place them in a strainer set over a bowl and toss with 1 cup salt. Let the eggplant hang out here while you prepare the rest of the vegetables.

The vegetables are cooked in batches so be sure to place your chopped veg in separate bowls. Warm 1 cup olive oil in a very large pot at least 5 minutes over medium-high heat. Add the sliced onions and a generous pinch of salt. Cook for about 5 minutes. Add peppers and cook until softened, 5 minutes. Transfer onions and peppers to large clean bowl.

Add another cup olive oil and sauté zucchini chunks with a lot of salt until zucchini is soft and beginning to brown, about 5 minutes. Transfer to bowl with onions and peppers.

Place the eggplant under running water and squeeze out as much moisture as possible. Warm 1 cup of oil and sauté eggplant until soft, about 10 minutes. Move it to the bowl with other vegetables. Deglaze pot with red wine, bring wine to a simmer upon brown bits from bottom. Pour this liquid into the bowl with vegetables.

Heat 1 cup olive oil in pot over medium-high heat and add sliced gar



Marinate your later to use in this chop the vegetables and cook them separately but once they are in the pot, you just sit back and relax and give it a lot of a stir every 30 minutes or so. The longer you cook it, the more of a silky stew it will become.

lic. Cook until garlic is past golden and fragrant, bring wine to a simmer. Add the tomatoes, bay leaves thyme sprigs, smoked paprika and chili flakes. As the tomatoes bubble away, be sure to scrape up brown bits from bottom of pot. Add all of

the cooked vegetables to pot and stir to make sure everything is evenly mixed. Bring stew to a simmer, uncovered, then reduce heat to medium low. Stir occasionally, simmer for at least one hour, longer for a more silky stew.

Remove bay leaves and thyme sprigs. Stir in honey, sliced basil and balsamic vinegar. Season with salt and pepper. Divide into bowls, sprinkle with more sliced basil and a drizzle of good olive oil. Serve with fresh bread. Makes 8 servings.

# ON THE SCENE

## #POPCORN AND ENTREPRENEURSHIP SERIES

The Brand Group of Companies was hosted by the North Saskatchewan Business Association during its Popcorn and Entrepreneurship Series Sept. 2 at the Herma Arts Centre. There were cocktails, premium appetizers and networking. Followed by a documentary video about the Brand Group. The NSBA action is presented by PolishCops.

BRIDGES PHOTOS BY GREG FENDER



1. Members of the Scordito family including Gavin and Amanda arrive at the event.

2. Diane Mentys, Monica Kuzner and Tania Taylor.

3. Kim Wiktoris, Ryan McCrea, Brenda Winklow and Derek Lothman.

4. Bill Davenport and Ben Jones.

5. Eric and Victoria Clark.

6. Laura and Justin Holmes.

7. Ken and Brenda Conzale.

8. Dale Lemley and Colleen MacKenzie.

9. Leanne Ann and Jason Sheldrick.

10. Matthew Connors, Jennifer Sheldrick, Allison Hunter and Derek Reimer.



## # CROSSWORD

## NEW YORK TIMES Edited by Will Shortz

## ACROSS

- 1 Ring of rhyme  
 2 Antelope with hairy horns  
 10 Crunchy material  
 14 Name shared by two Pennsylvania cities  
 15 Lowest food rank  
 16 A high in music  
 17 "I never agreed to serve [any of these] public and [now] I'm..."  
 18 Corresponding  
 20 When the beloved "kisses" is said  
 21 Profits of an estate  
 22 Drive and answers with "the"  
 23 "I like to be like..."  
 25 I am only bought myself a McFlurry and now I'm...  
 26 Kids' poem segment  
 27 Irish drink  
 28 Close shaving  
 29 Carnous confirmation  
 30 "I really want dating" (Hankel's Carole and now I'm...)  
 36 Name on a colorful cartoon button  
 37 Crude, crude  
 38 Brawl, the halfway event  
 40 Actor: "Sally of Yest" on the film  
 42 "I really want to buy" (a car) and now I'm...  
 43 Put in one's name (COP)  
 47 The Chalkdust pet  
 48 Bookies of...  
 49 Frenchness  
 50 Going with to  
 54 Put into  
 57 "I really want to buy" (a car) and now I'm...  
 58 France who he/she has  
 59 The...  
 60 (Former) CEO of...  
 61 Looks recently  
 62 What new me up to...

## DOWN

- 1 Kind of salad  
 2 Fisherman's offering  
 3 Get of "The Wizard of Oz"  
 4 Unavailable  
 5 Lower Manhattan river  
 6 Fire director hat  
 7 "I really want to buy" (a car) and now I'm...  
 8 Positive connector  
 9 Advanced...  
 10 Cycle no knowledge of  
 11 Incognito  
 12 Spontaneous  
 13 Plane dividers  
 16 "I really want to buy" (a car) and now I'm...  
 18 Response to an obvious statement  
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PUZZLE BY ATTACK REVIEW

## Please Stand By...

We're working to serve you better.

SPL is modernizing existing branches, bringing a brand new location to Stonebridge and enhancing your online experience.

We're moving to a new computer system from September 17 at 9 p.m. – September 25.

Stay up to date on improvements and related service interruptions on the new, mobile-friendly and more accessible [saskatoonlibrary.ca](http://saskatoonlibrary.ca)

## CLOSED FOR IMPROVEMENTS

Alice Turner Branch / September 8 – 11  
 Carlyle King Branch / September 23 – October 4  
 All SPL locations will be closed / September 23



**SASKATOON  
PUBLIC  
LIBRARY**

# JANRIC  
CLASSIC  
SUDOKU

## Level: Silver

Fill in the blank cells with the numbers 1 to 9. Each number can appear only once in each row, column and 3x3 box. Use logic and arithmetic to eliminate to solve the puzzle.

The difficulty level ranges from Beginner (easiest) to Silver to Gold (hardest).



Solution to the crossword puzzle will be published in the next issue of the magazine.



## EVENTS

What you need to know to plan your week.  
Send events and photos to [Bridges@thestarphoenix.com](mailto:Bridges@thestarphoenix.com)

## # MUSIC

Wed., Sept. 9

**Big Dave McLean**  
Buds on Broadway,  
817 Broadway Ave.

**KJH Meets w/ Conduct**  
Amigos Central,  
806 Dufferin Ave.

Thurs., Sept. 10

**The Toca Cruisers**  
Cocklers Restaurant &  
Lounge,  
1-227 Pinehouse Dr.

**Big Dave McLean**  
Buds on Broadway,  
817 Broadway Ave.

**Koots Jetties Devotee Ellis-**  
worth and JD Edwards  
The Basement,  
234 Fourth Ave. N.

**Sensory The Flies**  
Amigos Central,  
806 Dufferin Ave.

**Akon w/ Peter Jackson**  
Orlando Event Centre,  
241 Second Ave. S.

**Yes We MyVibe, Doug Hoyer**  
and Mark Mills  
Verdugo Tavern,  
851 Broadway Ave.

Fri., Sept. 11

**Big Dave McLean**  
Buds on Broadway,  
817 Broadway Ave.

**Phare Fridge: Maurice Dreeb**  
**Koots Jetties in with the Old**  
The Basement,  
234 Fourth Ave. N.

**Dan McConell & Band**  
Army & Navy Club,  
259 First Ave. N.

**The Skylineaires**  
Fairfield Senior Citizens'  
Centre,  
103 Fairmont Ct.



Akon and Jeremy McInnes perform at a Saskatoon at O'Brien-Events Centre. THE STAR/PHOTO: GARY PERATA

**The Standards Trio**  
Marilyn Robinson,  
3138 Eighth St. E.

**Mezz Blave w/ Charly Hustle**  
Lawn Pub,  
93 Campus Dr.

**Brave w/ Faded Post and**  
**Chaps, Aleskidd & Bray**  
**Crew and Haywood**  
Amigos Central,  
806 Dufferin Ave.

**Undercover Punks**  
Peggy's Pub and Grill,  
1403 Highway 101 N.

**Jumbo w/ The Bear Kille &**  
**Black Hell Oil**  
Verdugo Tavern,  
851 Broadway Ave.

**Urban Outlaws**  
Stain's Place,  
105-10 Ruth St. E.

Sat., Sept. 12

**Big Dave McLean**  
Buds on Broadway,  
817 Broadway Ave.

**Big Band Series: Steve**  
**Triplets Big Band featuring**  
**Reuben Knight**  
The Basement,  
234 Fourth Ave. N.

**Dan McConell Band**  
Army & Navy Club,  
259 First Ave. N.

**Agns Peak**  
Marilyn Robinson,  
3138 Eighth St. E.

**Leslie's Country Cabaret**  
**Shady Sabert and Aaron**  
**Ripken**  
Lawn Pub,  
93 Campus Dr.

**Heaven w/ League of Wolves,**  
**The Shells and Bedford**  
**Poetry**  
Capitol Music Club,  
244 First Ave. N.

**Tribute to the Man in Black**  
**Old Joe and the Truth Hurts**  
**w/ Quakes Tows**  
Amigos Central,  
806 Dufferin Ave.

**Undercover Punks**  
Peggy's Pub and Grill,  
1403 Highway 101 N.

**Urban Outlaws**  
Stain's Place,  
105-10 Ruth St. E.

Sun., Sept. 13

**Big Dave McLean**  
Buds on Broadway,  
817 Broadway Ave.

**Dakota Outlaw Casino,**  
204 Dakota Queens Way,  
Wetaskiwa

**DJ Yella w/ DJ Haywood**  
Orlando Event Centre,  
241 Second Ave. S.

Mon., Sept. 14

**Three Strings Festival**  
Buds on Broadway,  
817 Broadway Ave.

Tues., Sept. 15

**Three Strings Festival**  
Buds on Broadway,  
817 Broadway Ave.

**Brinkman w/ Sensory**  
Verdugo Tavern,  
851 Broadway Ave.

## # ART

Rouge Gallery

Sept. 9-26 at 245 Third Ave. S.  
Backyard Power by Kathleen  
Slavin. Opening reception  
Sept. 10, 5 p.m. to 7 p.m.

**University Museum of**  
**Canada**

Sept. 9 to Jan. 31 at 910 Speers  
Cres. S. Dawn Harris, a  
journey through rural Saskatchewan  
townships, by photographer  
William DeKay

Paved Arts

Sept. 18 to Oct. 17 at 424  
2010 St. W. Collective Dark,  
a video installation by Lisa  
Bink. Twelve Calendar Girls,  
contemplating different character  
types, enter landscapes  
representing the months of  
the year. Opening reception  
Sept. 18, 6 p.m.

Affinity Gallery

Until Oct. 17 at 813 Broadway  
Ave. Contemporary jewelry  
by Melody Armstrong. Reception  
Sept. 11, 7 p.m. to 9 p.m.

**The Gallery/Art Placement**  
Until Sept. 17 at 238 Third  
Ave. S. Mattering. Jaskins by  
Doreen Boon.

**Humboldt and District Museum**  
**and Gallery**  
Until Sept. 18 at 601 Main St.,  
Humboldt. Local Perspectives  
with the Humboldt Museum  
Museum. Geographic Face. Aug. by  
Barrie Colman and Rick up  
sticks and Storybooks by  
Bernie Conly.

**Collector's Choice Art Gallery**  
Until Sept. 19 at 623 First  
Ave. N. Myrta Landscapes and  
etchings by Joan Weber.  
mixed media abstract paintings  
by Regina Stele and works  
by gallery artists.

Halo Art Supply

Until Sept. 20 at 8111 Loree  
Ave. Artwork by Saskatoon  
ART Teachers. Reception on Sept.  
19, 2 p.m. to 4 p.m.

## EVENTS

**Gordon Seaguller Gallery**  
Until Sept. 11 in Room 106 of the 12 of S. Murray Building, Swedish by Alexandra Thoresen. Reception Sept. 11, 7 p.m. to 10 p.m.

**The Gallery at Frances Merriam Central Library**  
Until Sept. 24 at 311 33rd St. E. Ring of Birds by C. G. J. Smith.

**Hind Wave Gallery**  
Until Sept. 24 at 409 Third Ave. in Midtown Loft. Shout-the-boat, a thread artwork exhibition by Donna Oulter.

**SCVAP Art Gallery**  
Until Sept. 23 at 203 Third Ave. S. We Need Greffit! 2013. A collaborative graffiti and urban style exhibit.

**Eye Gallery**  
Until Oct. 9 at 107-102 College Dr. Eyes. Saskatchewan Printmakers Association works. Reception Sept. 25, 4 p.m. to 6 p.m.

**Grip Art Collected Home**  
Until Sept. 28 at 212 20th St. W. Visions, works by Dee Lowe. An illustrated sculpture display will be installed Sept. 28, the night of Nuit Blanche.

**Gallery on Third, Watrous**  
Until Sept. 28 at 102 Third Ave. E., Watrous. Into the Wild, a photo show of local and area artists.

**Handmade Home Showcase**  
Until Sept. 28 at 710 Broadway Ave. Handmade and wood-innovative by Linda Fogarty.

**Urban Canvas XI**  
Starting in September, Monday to Friday, 10 a.m. to 3:30 p.m. Hosted by SCVAP Gallery. A 38-week employment readiness program for youth ages 18-30 who have at least one talent and face multiple barriers to employment. Providing training and life skills, personal development coaching, empowerment and employment



Untitled (DUP) by Devine Kase is on display at The Gallery at Art Placement.

ment readiness training. To apply call 360-602-7780 or email scvap@scvap.com.

**Art in the Centre**  
Through the Premier at Heritage Centre, 110 Cropper Circle. Mixed media by the art group Watermark & Friends.

**Gallery on the Greens**  
Until Oct. 1 at Market Mall, 2525 Franklin Ave. Daily Treasures, a Sask Terminals exhibition.

**Market Mall Playland Art Gallery**  
Until Oct. 31 at Market Mall, 2525 Franklin Ave. Playing with Process Prints, archival prints from the Process-Born project in partnership with The Denzel Moore Art Gallery of Saskatoon.

**Western Development Museum**  
Until Dec. 6 at 2610 Lorne Ave. Canada's Day I, from the Canadian Museum of Immigration at Pier 21. Explore immigrant

diverse personal Day I experiences, from Confederation to present day.

**Gallery on the Bridges**  
Until Nov. 30 at Saskatoon City Hospital. 100 Journals by Patricia L. Clarke.

## FAMILY

**Shap's Studio**  
Wednesday, 9:30 a.m. to 10:30 a.m., meet in front of Customer service at Lawson Heights Mall. Classes consist of power-walking, body-sculpting moves using exercise tubing and a resistance band for parents and children. Pre-registered at runnersadventure.com. No classes on star holidays.

**Stark and Strollers**  
Wednesday, 10 a.m. to 12 p.m., at Century Churches in The Centre. Choke of two miles each week. A baby-friendly environment with lawns at various, dimmed lighting, changing table and stroller parking in

select churches.

**GR's Clinic and Play**  
Daily, 10 a.m. to 6 p.m., in Bay 4 of 816 South Highway 31. W. Norman Saskatchewan's newest indoor playground. For children up to age 12. Visit [grclinicandplay.com](http://grclinicandplay.com) or their Facebook page.

**Fun Factory Indoor Playground**  
Daily at 16332 Quebec Ave. A giant indoor playground for young children. Adults and children under age six are free. There is a separate fenced-in area for children under two.

**Parent and Toddler Yoga**  
Thursdays, 9:30 a.m. to 10:15 a.m., at Lakeside, 10:30 a.m. to 11:15 a.m., at Yogi's Life, 2-15 Third Ave. S. Classes taught by Nina Zetti. For parents and their toddlers ages one to five. Introduce your toddler to the world of yoga. Classes include postures, poses, meditation, movement,

play and song. Classes are six weeks. Register at [freedomfromworryyoga@gmail.com](http://freedomfromworryyoga@gmail.com), 360-381-6832.

**Children's Play Centre**  
Daily at Lawson Heights Mall. A fun, safe, environment for preschool children to play. Children must wear socks in the play area. Please note this is an unsupervised play area, and adults must stay with and supervise children at all times.

**Breastfeeding Cafe**  
Thursdays, 10 a.m. to 11:00 a.m., at Westside Primary Health Centre, 3211 Highway 2. A drop-in support group for breastfeeding women. Saskatoon will be facilitated by a lactation consultant with a brief educational presentation, tips, and time for infant stimulation with their mothers.

**LPFC Community Garage Sale**  
Sept. 12, 8 a.m. to 4 p.m., at Lakeside School. A barbeque lunch is available for purchase. Donations of quality used items are accepted on Sept. 10, 11 and 12, 8 a.m. to 5 p.m. in the school. Proceeds support the Lakeside Playground Enhancement Project. Information at [saskatoonhandmade.com](http://saskatoonhandmade.com).

**Kid Yoga Classes**  
Ages five to 12 on Saturdays, 11:30 a.m. to 12:15 p.m., home-schoolers ages five to 12 on Thursdays, 10:15 a.m. to 11 a.m., at Yogi's Life, 2-15 Third Ave. S. Classes taught by Nina Zetti. Help kids increase energy, find focus, relaxation, self-awareness and inner fulfillment. Physically helps with balance, strength, flexibility, coordination and body awareness. Classes are six weeks. Register at [freedomfromworryyoga@gmail.com](http://freedomfromworryyoga@gmail.com).

**Prenatal Partner Workouts**  
Saturdays, 1 p.m. to 4 p.m., at

Spine Rhythms, 246 Third Ave. S. Instructed by Nina Zetti. Learn various tools and techniques to help you through labour and delivery. No previous yoga experience is required. Classes are six weeks. Register at [freedomfromworryyoga@gmail.com](http://freedomfromworryyoga@gmail.com), 360-381-6832.

**Pet Central**  
Sept. 18, 11 a.m. to 4 p.m., in the Saskatoon Home parking lot. An event for families and pets. Make and take pet tags, bracelets, treats, booby nests, obedience demonstration, balloon animals and face painting. Help "fill the inner" with pet supplies. Funds raised support pet adoption and rescue work.

**Keeping Up with the Keeneys**  
Sept. 13 at the Saskatoon Forestry Farm Park & Zoo. Celebrate Grandparents' Day with a feast with the bears. Join the audience on their feeding routine, followed by a continental breakfast. Pre-registration is required. Call 360-915-3395.

**Mom and Baby Yoga**  
Mondays, 11 a.m. to 12:30 p.m., at Yogi's Life, 2-15 Third Ave. S. Classes taught by Nina Zetti. For mothers with babies as young as six weeks. Tone and strengthen your body, learn relaxation and meditation tools and explore breathwork. Classes are six weeks. Register at [freedomfromworryyoga@gmail.com](http://freedomfromworryyoga@gmail.com).

**Prenatal Yoga**  
Mondays, 12 p.m. to 1 p.m., at Pregnancy and Parenting Health Centre, 246 Third Ave. S. Beginner to intermediate yoga designed to help with postpartum recovery. Baby-friendly class with a certified yoga teacher. Suitable for four weeks to two years postpartum. Register at [pregnancyandparentinghealth.ca](http://pregnancyandparentinghealth.ca) or call 360-915-3395. No class on star holidays.

# EVENTS

## Market Mall Children's Play Centre

Daily just off the food court at Market Mall. The play area is free and has different level slides. Children must wear socks in the play area.

## Canadian Light Source (CLS) Public Tours

Mondays, 1:30 p.m. at the Canadian Light Source, 44 Innovation Blvd. The photonics research facility is open for the public. Pre-registration is required. Call 306-637-3644, email outreach@lightsource.ca or visit [lightsource.ca/education/public\\_tours.php](http://lightsource.ca/education/public_tours.php).

## Free at Home

Mondays, 9 a.m. to 7 p.m., at Pregnancy and Parenting Health Centre, 348 Third Ave. S. Taught by a doula and certified doula teachers, informative and safe for any stage in pregnancy. Call 306-351-0443 or email [mail@atoh.ca](mailto:mail@atoh.ca). No class on that holiday.

## Nativity Nuts

Monday and Oct. 16, 7 p.m. to 9 p.m., at 6113 14th Ave. SE, House, 605 Saskatchewan Cres. & A comprehensive children's education series to prepare you for the birth of your child. Information at [birthtechnics.ca](http://birthtechnics.ca).

## Star and Play

Sundays and Wednesdays, 9 a.m. to 11:30 a.m., September through April. For children up to age five. Semi-structured crafts, stories, story time, songs, activities. Email [starandplay@ksd.com](mailto:starandplay@ksd.com) or visit the Facebook page.

## Preschool Story Time

Thursdays, 10:30 a.m. to 11 a.m., at McWilly Bookstore, 2300 Eighth St. N. For children ages three to five in the Childs of Three. Call 306-955-1477.

## Dynamic Parenting Workshop

Thursdays, Sept. 10, 10 a.m. to 12 p.m., at Saskatoon Open Door Society, 123 Third Ave. N. Openness comes f-

rom love, compassion, family and community harmony, and respectful human values. Anyone can register at 306-655-4444, ext. 344, email [info@ksd.ca](mailto:info@ksd.ca).

## Playgroup

Monthly and seasonal events. Hosted by Prairie Hearts Learning Community, a group of families inspired by Waldorf philosophy. Playgroup is aimed at children ages two to five, but all ages welcome. Information on their Facebook page.

## Engineering for Kids

Children ages four to 14 can learn about technology and how engineers help it develop. Classes, camps, parties, and clubs with hands-on STEM oriented activities. Get information and register at [engineeringforkids.net/saskatoon](http://engineeringforkids.net/saskatoon) or call 306-978-8366.

## BRICKS & KICKS Saskatoon

Regular after-school programs and classes for kids of all ages at various locations in Saskatoon. An atmosphere for students to build sense, emotions, play games, and have fun using LEGO bricks. Visit [bricksandkicks.ca](http://bricksandkicks.ca) or call 306-978-3249.

## Saskatoon Public Library Programs

Openly accessible programs for children and families. Find the calendar at [saskatoonlibrary.ca/index3036](http://saskatoonlibrary.ca/index3036).

## \* SPECIAL EVENTS

### Saskatoon-Bancroft Store

Wednesdays and Thursdays, 10 a.m. to 12 p.m., at The United Church, 424 10th Ave. N. Thursdays, 10 a.m. to 6 p.m., at Prairie Sky Farmers' Market. Clothing for babies, children, men and women, and jewelry.

### Saskatoon Farmers' Market

Open year-round. Wednesdays and Thursdays, 10 a.m. to 2 p.m., and Saturdays 9 a.m. to 2 p.m., farmers are in attendance. Tuesday to Friday, 10 a.m. to 5 p.m., and Saturdays and



The Prairie Lily will host the Denver & Crystal Foundation on Thursday. Funds raised support the Royal University Hospital Foundation and the work of First Nations and Métis Health Services. (PHOTO BY MICHELLE BEE)

Sundays during market hours. Food service and specialty shops are open. Information at [saskatoonfarmersmarket.com](http://saskatoonfarmersmarket.com). Contact 306-334-6362, [info@bricksandkicks.net](mailto:info@bricksandkicks.net).

### Mayfair Capset Bowling

Thursdays, 10 a.m., at Mayfair United Church. Beginners and experienced players are welcome. For information call 306-451-3151.

### Breast Refuelers Handball Adult Community Club

Rehearsals are Wednesdays starting Sept. 9, 6 p.m. to 7:30 p.m., at Mayfair United Church. New players are being recruited to perform sacred and secular potlucks. Call 306-334-1173 or e-mail [refuel@bricksandkicks.net](mailto:refuel@bricksandkicks.net).

### Capset Bowl

Thursdays 12 p.m., at National Legion Hall, 3021 Louisa Ave. House the Nutcracker Senior Citizens Association. Lunch and coffee are available for a fee.

### Nutritional Advice: Is there a solution to the confusion?

Sept. 9, 7:30 p.m., at Foodies Mountain Central Library. Presented by Farm & Food Care Saskatchewan on Dr. Joe Schwartz speaks on nutrition. Attendees will receive a copy

of The Soil Girl on Farming, which discusses farmers' top ten interests in farming and food production.

### Returning to the Milk Industry Hall and the Making of Lunenburg Pulse Fiction

Sept. 10, 3:30 p.m., in Room 307 at the U of S Murray Library. Featuring speakers: Sherrill Laidman and Ann Martin. The Wall of Lunenburg by Reddy's Hall was the target of a highly publicized obscenity suit, which led to the book being banned in Britain in 1928. This talk addresses the legacy of the novel in mainstream and LGBT+ visions of gender and sexuality. Everyone is welcome.

### Dechane des Plumes Rehearsals

Thursdays evenings starting Sept. 10 at 6:00 p.m., at the Dechane des Plumes, 1007 Albert Ave. A musical adult choir with a francophone repertoire. Saskatoon's francophone choir is looking for new members to celebrate its 23rd anniversary this season. Information at 306-343-9460, [choeurdesplumes@sasktel.net](mailto:choeurdesplumes@sasktel.net).

### SIPC Debut

Thursdays, 7 a.m. in room 13 at Albert Community Centre, 610 Glenora Ave. S. Seals:

Iron International Endurance Club. Learn details from many countries around the world. Everyone is welcome. First night is free. Information at 306-324-0000, [info@sipc.ca](mailto:info@sipc.ca).

### Dinner & Cruise Fundraiser

Sept. 10, 6 p.m., on the Prairie Lily. The food, behind the Manda! Art Gallery. Presented by First Nations and Métis Health Services. Hosted by Prairie Lily Cruises. Dinner on the Prairie Lily. Tickets are \$100. Tickets are available at [prairielilycruises.com](http://prairielilycruises.com). Funds raised support the Royal University Hospital Foundation and the work of First Nations and Métis Health Services.

### Beyond Borders: A Workshop on the Transcendentalists - Ray

Sept. 11, 3:30 p.m., at Newbridge Theatre in the U of S Arts Building. Presented by ICC and the Department of History & Heritage. Lecture. The play in Motion. Ray's lecture on Transcendentalism and philosophy, by Dr. Denise Gaudet. No registration is required. All are welcome. Information at [Edith@scottbooks.ca](mailto:Edith@scottbooks.ca).

### Second Annual Laughin Lakeview

Sept. 11, 6:30 p.m. to 10 p.m., in Lakeview Park. A night of

comedy and dinner under the tents in the park. Tickets at [laughinlakeview.com](http://laughinlakeview.com). This is a 19+ event.

### Banquet/Fundraiser Market

Fridays until Oct. 9, 8 a.m. to 5 p.m., at Borden Fire Hall. Information at 306-950-2109.

### Philosophy in the Community

Sept. 10, 7 p.m., at The Defining. Sponsored by the Department of Philosophy. Lecture: Is Knowledge, Power and Phobias by Prof. Rita Jenkins. Philosophical feminism states that knowledge and power "directly imply" one another, and he uses this belief as a basis for his critical analysis of patriarchy. This talk will explore not just the existing of this connection for Foucault, but also its strengths and limitations. Everyone is welcome. Information at [philosophycommunity.ca](http://philosophycommunity.ca).

### Memory Writings

Two and Saturday of each month from September to June, 10 a.m. to 12 p.m., at the Edwards Centre, 133 Fourth Ave. N. Read and share the events and memories of your life in a relaxed and friendly atmosphere. Information at 306-343-0256 or 306-362-2444.

# EVENTS

What you need to know to plan your week.  
Send events and photos to [Bridges@thestarphenix.com](mailto:Bridges@thestarphenix.com)

**Westside Community Center's Clothing Depot**  
Saturdays, 10 a.m. to 2 p.m., at 3483 Fairlight Dr. Free clothing for all ages, free bootcamps from a local bakery. They take donations of clothing, toys, furniture, accessories and more. Information at 306-322-8737.

**32nd Annual Broadway Street Fair**  
Sept. 12, 10 a.m. to 5 p.m., along Broadway Avenue. Featuring street performers, vendors, artists, music and dance acts, sidewalk sales, a silent auction and the Ruby Kingdom with a petting zoo and pony rides. The Saskatoon International Folkdance Club performs at 2 p.m. With a Broadway scavenger hunt and 18+ rated games.

## Country House Marketplace Book Exchange

Saturdays, 9 a.m. to 3:30 p.m., at Confederation Mall across from Urban Planet. Comfort lunch event Saturday until the harvest is over. They will be at the mall location Thursday and Saturday, 10 a.m. to 4 p.m.

## Saskatoon Bridge Club Open House

Sept. 12, 2-4 p.m., at 3041 Louisa St. Anyone interested in learning bridge is welcome. Weekly clubs are held in November.

## Older Day in the Park

Sept. 12, 2 p.m. to 7:30 p.m., in Lakeside Park. Watch a TV broadcast of the Saskatchewan Roughriders playing against the Winnipeg Blue Bombers. Demonstrations of hoarse and cricket, bocce, soccer, futsal, painters and a balloon twister. With a barbecue for purchase. Proceeds support park improvements and children's activities in the community.

**Dance Party at the Hat**  
Sept. 12, 5 p.m. to 11 p.m. in Manhattan Ballroom at Hwy



The Saskatchewan Broadway Street Fair is a Saturday 10 a.m. to 5 p.m. along Broadway Avenue. [32ndBroadwayStreetFair.ca](http://32ndBroadwayStreetFair.ca)

**3 Music by Phoenix and the Good Tones**. With a cash bar and supper. Tickets at 306-242-7373, 306-242-8054. Heifers Oenotria, Market Mallor at the door.

**Phoenix Beats 411**  
Sept. 12, 8 p.m., at All-Access Clearing Motor Speedway. Mainstage & Live Street Stock 100. Phoenix competing are street racers, sprintman and pro stockers. Free tickets at the door.

**The Candi Strippers**  
Sept. 12, 8 p.m., at Broadway Theatre. A male strip comedy and improv comedy show. A futuristic male stripper. Swage (this is to be sexy, but it just comes out funny). Tickets at 306-653-6550, Broadway Theatre. A \$14 cover.

**Seven-Are Cam Mosa**  
Weekends through October, 1 p.m. to 7 p.m., at The Saskatoon Italian Cultural Centre on Cedar Villa Road. This year's theme is The Roman Colosseum

and Other Historic Architecture and Culture of Italy. Information at saskatooncc.com. Funds raised to toward the continued development of the Saskatoon Italian Cultural Centre.

**Farms to Table Festival**  
Sept. 13, 10:30 p.m., at Pioneer Farm in Oiler. Featuring farm food and prepared by chefs and culinary students. Tickets at phoenix.com or 306-975-6229.

**Gospel Sing-a-long**  
Sept. 13, 2 p.m., at Abbeyfield House Saskatoon, 1235 Ave. K. A sing-along led by Charlie and Carol Reed. A Saskatoon berry social will follow. Admission by silver collection.

**Overseas Cancer Canada Walk of Hope**  
Sept. 13, 9 a.m. registration, 9:30 a.m. opening ceremonies, 10 a.m. walk in Meadows Valley Park, an awareness and fundraising initiative. Choice of 2 walks or a bike walk. Open-

ing ceremonies, walk/run, post-walk refreshments and a children's area. Registration and information at our website [overseascancer.ca](http://overseascancer.ca).

**Boogie Positive Steps in Motion Walk/Run & Barbecue**  
Sept. 13 in Victoria Park. Hosted by the Saskatoon Latin Injury Association. Be on injury, or come for the barbecue. With a healthy social and entertainment. Funds raised support local programs for the SRA. Register at [www.sra.ca](http://www.sra.ca).

**Isaiah's End Show Walk**  
Sept. 19 in Saskatoon's inner communities. Celebrating Ronald McDonald House Charities 30th anniversary. A fundraising walk for people of all ages to raise awareness and profit for Ronald McDonald House Saskatoon.

**SK Senior Fitness Association Social**  
Sept. 20, 5:30 p.m., at the Army Navy & Air Force Veterans' Club, 309 First Ave. N.

**Live entertainment by The Rhythmenics**. With supper and dancing. Afternoon show-in games will also be held from 3 p.m. to 5:30 p.m. Tickets at 306-331-4542, 306-665-6232, 306-343-3502, 306-383-1720 or 306-343-7261. Tickets are available until Sept. 14.

**University Chorus Registration**  
Sept. 14, 6:30 p.m. to 7:25 p.m., at Quince Theatre in the U of S Education Building. A short rehearsal will follow registration. For students who sing, read music, and enjoy traditional and vocal solo repertoire. Information at 306-343-6270, 306-966-6612, [uofsc.music@uofsc.ns.ca](mailto:uofsc.music@uofsc.ns.ca) or [uofsc.ca/music](http://uofsc.ca/music).

## Breaking Borders Under-

**standing Science on Markets**  
Sept. 15, 10 a.m. round table meeting, 10:30 a.m. workshops, at the Albert Community Centre, 60 Clarence Ave. E. A SaskMusic workshop series. With international music industry panels. James Barker, Marco Nobile and Susan van Lierden. Details and reservations can learn how to connect for international touring. SaskMusic members register for the full day at [saskmusic.ca](http://saskmusic.ca). Anyone can register for the workshop only at [registration.saskmusic.ca](http://registration.saskmusic.ca). 800-347-0676.

**Music City Chorus Guest Night**  
Sept. 15, 7 p.m., at St. Paul's United Church. The four-part a cappella harmony invites guests to sing. All voice parts are welcome, especially lower-voiced women. Contact [ynaspc@shaw.ca](mailto:ynaspc@shaw.ca).

**30th Anniversary Gala**  
Sept. 15, 5:30 p.m., at the Western Development Museum. Presented by The Saskatoon Open Oak Society. Celebrating 30 years

of supporting refugees and newcomers in Saskatoon. Dinner, entertainment and an awards presentation. Tickets at [events@openoak.ca](mailto:events@openoak.ca), 306-453-4466.

**Off-Broadway Performances, International Review and More**  
Thursday, 8 a.m. to 6 p.m., in the basement of Grace-Westminster United Church, 505 19th St. E. Offering a variety of locally produced food, clothing and accessories from Indian and Canadian, Indian and British dishes. New vendors welcome. Call 306-666-2940 or email [jon@hastingsandjones.ca](mailto:jon@hastingsandjones.ca).

## VIBO-InterVec Community

**Public Meeting**  
Sept. 16, 7 a.m., at MANULife Robinson. Guest speakers Dr. Lorne Sabkha and Dr. Andrew Powell will present the story of the InterVec, a fully-serviced Level 3 facility. Come into being and will highlight current and future vaccination research taking place at the facility. Refreshments will follow the meeting.

**Book Signing at McNally**  
Regular book signings at McNally Bookstores, 3730 Highway St. E. For schedule and information visit [mcnallybooks.com/saskatoon\\_booksignings](http://mcnallybooks.com/saskatoon_booksignings).

**English for Employment Class**  
Hosted by the Saskatoon Open Oak Society. Includes English pronunciation and communication, and learn what you need to find work in Saskatoon. Information or registration at 306-259-4337, 306-453-4466, 306-453-4466, [ynaspc@shaw.ca](mailto:ynaspc@shaw.ca), [openoak.ca](http://openoak.ca).  
  
Event information, community service offering by Bridges. Bridges will provide a space, resources, address information and more for the event.



# OUTSIDE THE LINES

## # Colouring contest

Each week, Stephanie McKay creates a timely illustration meant to please kids of all ages.

Children can colour the page, have a picture taken with the finished product and email it to [bridgeta@hereswherethe.com](mailto:bridgeta@hereswherethe.com). One winner will be chosen each week.



Last week's contest winner is Catherine Collins. Thanks to everyone who submitted entries.

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**Fitness**  
 YWCA

## MUSIC

FOLLOW BRIDGES ONLINE at [thestarphenix.com/bridges](http://thestarphenix.com/bridges)

# JOHNNY 2 FINGERS AND THE DEFORMITIES

## Dale creates his own guitar style

By Ashley Martin

Playing music is John Dale's priority.

It's why he lives in a leaky, roofed shack (his words). It's why he has two vehicles — one is a van, specifically for his band, four one. It's why he has sustained steady employment in spite of being offered managerial positions (not that he doesn't do his work at Citizens A&E, an organization that offers support for people with intellectual disability).

"Being able to express myself is more important than making a comfortable sum," said Dale, frontman of Moss Jaw rock band Johnny 2 Fingers and the Deformities. "For the part of my mind that is rather logical, there's a lot of easier ways to make money, to make a living."

But "there's something about playing out, about being to other music — and I get goosebumps," said Dale. "It's a release. It does more to me."

When Dale was 21, a 35-year-old guitarist inspired him to learn to play.

But it was no easy feat.

Dale was born with bilateral flexion/proximal deficiency — deformed hips, club feet, short fingers, and two fingers fused on his right hand. Surgery at age three separated the digits.

Learning to play guitar was challenging because, for one thing, "my wrist doesn't work the same as other people."

For another: "I can't really go to YouTube and look for quick techniques. Nobody's got this thing."

Regular tours of the trade don't work for Dale.

"When I very first started, I tried to just tape a pick to my finger, because that'd work every well — it did all," said Dale. "I had to learn my own way."

His friend Lisa McMillan made him an elaborate pick apparatus from Velcro and a rubber peg. It was a "big cumbersome band that hung between my fingers and it attached



Johnny 2 Fingers & the Deformities PHOTO BY MICHAEL KOLLA OF WHEELSANDWHEELS

around my wrist!" —but it broke.

Now Dale uses a pick designed by a prosthetist.

Playing guitar is complicated, but worth it because "it's a passion," said Dale. "It's frustrating during it, but you can't let that stuff consume you. You've got to go back and try to overcome your challenges otherwise you'll be a victim all your life."

"Don't try to play through it and play better," Dale added, ruffling his hair, as he spoke.

Dale first met singer-songwriter covers artist Black Sabbath's Kristine Ponsford around 2006, when they both were in the same band.

Johnny 2 Fingers formed in 2011, when Dale started jamming with "Gunsblitz" Kelly Gower (drums/

harmonies/vocals), Benji Bresh McKay (guitar) and last year, Singer and "legend" Frank Roth. To join the trio on their Moss Jaw shows.

Dale wrote songs about "real life things," but wrote clear of love songs.

"It's overhyped," he said. "I want to show the world that there's other things to sing about than sing-

ing about your relationships in front of everybody else."

Johnny 2 Fingers and the Deformities are playing shows for the rest of October. In the meantime, Dale has two solo shows scheduled — Sept. 12 at Indus Blvd., and Sept. 18 at the Regency Gerraux Club. [www.johnny2fingers.com](http://www.johnny2fingers.com) [facebook.com/johnny2fingers](http://facebook.com/johnny2fingers)

# WINE WORLD

## #SAUVIGNON BLANC

### Chileans produce nice wine at bargain prices

By James Romanow

Things are bad all over. Oil broke \$50. The kids are heading for a perfect season prior to Labour Day. And the bond portfolio seems pitifully wanting to shake your hand and kiss your baby (that always carry a few Wet Ones in case of snafu elections). Things haven't been this bad since Delta. Das Das Das put on double secret protection. Restrictions are clearly needed.

But how can you have on all of summer party without sauvignon blanc? Well you can, all it affords the staff. If you put down that bottle of Cloudy Bay and wander over to the Chilean section of the store.

Chile (another country suffering from the seasonality price-swing) prices their sauvignon blanc at bargain basement prices. You can get very nice wine for about \$15. For example, look at Luis Felipe Edwards Reserva Sauvignon Blanc.

This is a wine with tremendous fruit. It's green (they're asked some of the controls so there is a slightly stronger taste note to both the bouquet and the palate. It tends to be just a bit herbaceous, with a same intensity (more than will be found in most New Zealand sauvignon blanc) and potent burst of grapefruit to finish. Every time I have a glass I want to order a dozen flyers on the shelf.



But here's something you need to know. You don't have to like my particular pack. There are 10 available from the SLGA from \$15 to \$30. The prices alone carry another dozen or more all of which are worth sampling.

Buy a bottle (the reviewer and I'll be glad to help) parties that were and parties that will be.

Luis Felipe Edwards Reserva Sauvignon Blanc \$15.99

The alcohol was from Italy Monday and a modern twist on some have next Wednesday. More on twitter @jromanow

## Crossword/Sudoku answers

COLE	CLAND	DATA
OLAV	MAJOR	IMAX
BEHIND	GARS	SAME
GORDAUX	DATES	
EAST MAUVE		
INTHEHIGHHOUSE		
CANTO	USE	WRAP
OUT	ONICE	LIKE
ETTU	POL	ODDIE
DOING	TRUTH	
APPLY ASIA		
ATLAS	UTTERING	
SHIV	WATHERIVER	
DOCK	MINER	NANO
FRED	PEERS	GNAW

5	9	1	8	2	4	6	3	7
6	3	8	7	9	5	2	1	4
4	2	7	3	1	6	9	8	5
3	7	5	1	4	9	8	6	2
1	6	4	2	8	7	5	9	3
9	8	2	5	6	3	7	4	1
7	4	6	9	5	1	3	2	8
8	5	9	4	3	2	1	7	6
2	1	3	6	7	8	4	5	9

## Nuts About Nature At Beaver Creek Conservation Area



Hi kids! My name's Chip, and I live at Beaver Creek Conservation Area. Visit my backyard with your family and friends and enjoy some time away from the city.

Dear Chip,

What are stars and why can't we see them during the day time?



Terry

When you look up into the night sky, those simple little dots are actually massive, burning balls of energy that are millions of billions of kilometers away! Stars are actually gigantic balls of gas that produce heat, light and other forms of radiation. There are many different kinds of stars with different kinds of colours, sizes and planets orbiting around them. How we see stars depends on how far away they are from the Earth, their size, and their temperature. Blue and white stars burn much hotter and brighter than orange and red stars. Smaller stars are called dwarf stars, while enormous stars are called supergiants. Supergiants can be a thousand times larger than our own sun, which itself can be 1,300,000 times Earth's inside of it! We cannot see other stars during the day because the sun is a very overpowering light produced from stars drifting far into space. However, on a clear night over 2,000 stars light up the Earth's sky and inspire billions of people to look up in awe! Come to Beaver Creek on September 19th from 6pm to 10pm to see the stars that have and learn more about the importance of nocturnal wildlife! Send your questions to me at the address below, then watch bridges for the answer!

True, cool, Chip

Patricia Larch Avenue South  
1110 Ave on Highway 101  
1110 Mount. Highway 101 to 101  
Newmarket and Highway 101 to 101  
Newmarket, Ontario L4Y 1A1  
E-mail: meewasin@meewasin.ca



Meewasin

## MOVING SALE

WE'RE MOVING TO A LARGER LOCATION!

(and we don't want to move all our inventory!)



15% OFF

All In-Stock items

(plus 12% off the Sale Price)

- Walkers
- Lift Chairs
- Scooters
- Powerchairs
- Bathroom Safety Products

GM  
GOLDEN  
MOBILITY

306-242-9060  
2202 Hanselman Ave  
www.goldenmobility.ca

Our new location at  
3150A Faithful Ave  
opens Nov 2nd at Bona  
few location open for 100

# Buy One Get One **FREE\***

**\*Buy a new High-efficiency Furnace  
or Air Conditioner and receive  
a Water Heater for FREE.**

**Limited time offer while quantities last!**



\*Free water heater is based on a minimum purchase of a deluxe, premium or optimum furnace or air conditioner including installation. Only one free water heater per signed contract. The free hot water heater is a 40 gallon condensation tank. If existing water heater venting or piping is not suitable for installation or if changes are required to meet gas code requirements, additional installation and material costs will apply and are payable by the customer. **Limited time offer while quantities last!** Cannot be combined with any other furnace or air conditioner offer.



**Gregg's**  
**ONE HOUR**  
**HEATING & AIR CONDITIONING**  
*Always On Time...Or You Don't Pay A Dime!*

If your technician is even one minute late the service is on us.

**Call us Today at 306-500-1300**

# BRIDGES

WEDNESDAY, SEPTEMBER 9, 2015

A STARPHOENIX COMMUNITY NEWSPAPER

**FOOD:**  
Ratatouille uses  
up extra garden  
vegetables **P. 9**

**MUSIC:**  
Monitor a perfect fit  
for Moose Jaw punk-  
rock band **P. 18**

**WINE WORLD:**  
Chileans produce  
sauvignon blanc at  
bargain prices **P. 19**

**BRANDSOURCE** ENTER TO **WIN** KitchenAid  
CONTEST TO A STAND MIXER

VISIT **BRANDSOURCE.CA**  
TO FIND OUT HOW YOU COULD BE  
ONE OF THE LUCKY WINNERS!

**BRANDSOURCE**  
AUTHORIZED MEMBER

**Whirlpool**  
August 27 - September 30, 2015  
**APPRECIATION  
EVENT**

**RECEIVE 20%** OR **RECEIVE 15%**  
Instant savings on the purchase of 3 or more  
qualifying Whirlpool® Major Appliances\*  
Instant savings on the purchase of 1 or 2  
qualifying Whirlpool® Major Appliances\*

\*Whirlpool Appliances are shown. Instant savings are already included in all sale prices.

**FRENCH DOOR  
BOTTOM MOUNT  
REFRIGERATOR**  
**\$1439**  
REG. PRICE: \$1799  
19.5 cu. ft. Capacity  
Full-Width Pantry Drawer  
Humapac LCD  
Interior Lighting  
300155

**AFTER 20%**  
INSTANT SAVINGS

**TALL TUB BUILT-IN  
DISHWASHER**  
**\$599**  
REG. PRICE: \$749  
AccuSense® Soil Sensor  
Triple Filtration System  
300325

**AFTER 20%**  
INSTANT SAVINGS

**FREESTANDING  
SELF-CLEAN  
ELECTRIC RANGE**  
**\$1199**  
REG. PRICE: \$1499  
True Convection 12" / 9"  
Dual Radiant Element  
300906

**AFTER 20%**  
INSTANT SAVINGS

APPLIANCE WORLD  
43rd St. E. & 1st Ave. N. (2 blocks N. of Circle Dr.)  
Sundays Noon-4:30 pm

**appliance world**  
**242-8363**  
43rd St. E. & 1st Ave. N. (2 blocks N. of Circle Dr.)  
Sundays Noon-4:30 pm

WARRANTY CLAIM  
Call Service  
SCHEDULE  
APPOINTMENT

**appliance**  
**955-1444**  
30th St. E. & Goodwin Ave. Behind Cave Restaurant  
Sundays Noon-4:30 pm

BOTTOM MOUNT  
REFRIGERATOR WITH  
FREEZER DRAWER

**\$1199**

**AFTER 20%**  
INSTANT SAVINGS

REG. PRICE: \$1499  
18 cu. ft. Capacity  
SpillGuard™ Glass Shelves  
LED Interior Lighting  
20001

Whirlpool



FREESTANDING SELF-CLEAN  
ELECTRIC RANGE

**\$839** **AFTER 20%**  
INSTANT SAVINGS

REG. PRICE: \$1049  
21" / 19" Dual Induct Element  
Hidden Bake Element  
20001

Whirlpool

Whirlpool

August 27 - September 30, 2014

**APPRECIATION  
EVENT**

**RECEIVE 20%**  
when you purchase this 3-piece  
kitchen package

Whirlpool Appreciation Event: select savings  
are already included and apply prices.

TALL TUB BUILT-IN  
DISHWASHER

**\$559** **AFTER 20%**  
INSTANT SAVINGS

REG. PRICE: \$699  
AccuSens® Soil Sensor (Plastic Interior)  
20001

**BRANDSOURCE  
OFFER**

**PLUS! RECEIVE \$300 INSTANT  
REBATE**

WHEN YOU PURCHASE 3 OR MORE SELECTED  
MAYTAG KITCHEN APPLIANCES.

Offer valid from August 27 - September 30, 2014

FRENCH DOOR  
BOTTOM MOUNT  
REFRIGERATOR WITH  
WATER DISPENSER

**\$1799**

**AFTER \$450**  
INSTANT SAVINGS

REG. PRICE: \$2249  
22 cu. ft. Capacity  
LED Interior Lighting  
Water-N-Fresh™ Deli  
Drawer  
20001

MAYTAG



FRONT CONTROL SELF-CLEAN  
ELECTRIC RANGE

**\$1599** **AFTER \$400**  
INSTANT SAVINGS

REG. PRICE: \$1999  
EvenAir™ True Convection Cooking Warming Drawer  
20001

AquaLife  
technology

TALL TUB BUILT-IN  
DISHWASHER

**\$799**

**AFTER \$250**  
INSTANT SAVINGS

REG. PRICE: \$1049  
Nylan Rock® Stainless  
Steel Interior  
20001

MAYTAG



WALL MOUNT  
HOOD

**\$699**

**AFTER \$50**  
INSTANT SAVINGS

REG. PRICE: \$749  
300 CFM Cooktop/Range Blower  
3 Speed Settings  
20001

Whirlpool



WALL MOUNT  
HOOD

**\$699**

**AFTER \$50**  
INSTANT SAVINGS

REG. PRICE: \$749  
400 CFM Cooktop/Range Blower  
Dishwasher Safe Mesh Filters  
20001

Whirlpool



OVER-THE-RANGE  
MICROWAVE HOOD

**\$649**

**AFTER \$100**  
INSTANT SAVINGS

REG. PRICE: \$749  
Auto-Adjust Fan  
Sensor Cooking  
20001

GUESTS: <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 PRIVATE: <input type="checkbox"/> YES <input type="checkbox"/> NO CASH: <input type="checkbox"/> YES <input type="checkbox"/> NO	SECTION: <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 TABLE: <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 CHAIRS: <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4
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SECTION: **appliance world**

**242-8363**

43rd St. E. & 1st Ave. N. (2 blocks N. of Circle Dr.)  
Sundays Noon-4:30 pm

GUESTS: <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 PRIVATE: <input type="checkbox"/> YES <input type="checkbox"/> NO CASH: <input type="checkbox"/> YES <input type="checkbox"/> NO	SECTION: <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 TABLE: <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 CHAIRS: <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4
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SECTION: **appliance**

**955-1444**

6th St. E. & Goodwin Ave. Behind Carr Restaurant  
Sundays Noon-4:30 pm

August 27 - September 30, 2015

# APPRECIATION EVENT

**STACKABLE**

**PEDESTALS \$279 EACH**
**STACKABLE**

**PEDESTALS \$279 EACH**

# RECEIVE 15%

Instant savings on the purchase  
of 1 or 2 qualifying  
Whirlpool® Major Appliances\*

\*Whirlpool Appliances that meet instant savings are already included. Multi-buy prices.
**\$1614 PAIR**
**AFTER 15%**
**INSTANT SAVINGS  
REG. PRICE \$1899**

DUET™ HIGH EFFICIENCY  
FRONT-LOADING WASHER  
4.8 cu. ft. (4.2 DDD) Capacity  
Adaptive Clean Wash System  
Quiet Wash-Like Noise Perforation System  
10000

DUET™ ELECTRIC DRYER  
7.4 cu. ft. Capacity Johnson  
Moisture Sensing Wrinkle Shield™ Option  
10000

**\$2098 PAIR**
**AFTER 15%**

MAXIMA™ HIGH EFFICIENCY  
FRONT-LOADING WASHER  
5.3 cu. ft. (4.5 DDD)  
PowerWash™ Cycle Internal Water Heater  
10000

MAXIMA™ ELECTRIC  
DRYER  
7.3 cu. ft. Capacity Wrinkle Forward™ Option  
Quick Dry Cycle  
10000

**MAYTAG**

**\$799**
**AFTER \$100**

REG. PRICE \$899  
& Charge  
WHIRLPOOL 4.7 CU FT.  
FRONT-LOAD WASHER  
WVW4550V  
10000

**\$1359 PAIR**
**AFTER 15%**

INSTANT SAVINGS  
REG. PRICE \$1599  
HIGH EFFICIENCY  
TOP-LOADING  
WASHER  
5.8 cu. ft. (4.2 DDD) Capacity  
Stainless Steel Wash Drum  
Soak-Clean Cycle  
10000

ELECTRIC  
STEAM DRYER  
7.2 cu. ft. Capacity Wrinkle  
Shield Delivery AssistDry™  
Steamer Drying System  
10000

**\$828 PAIR**
**AFTER \$100**

TOP-LOADING  
WASHER  
4.5 cu. ft. (3.1 DDD) Capacity  
Perforated Wash Basket  
Hard Wash Cycle  
10000

ELECTRIC DRYER  
6.5 cu. ft. Capacity  
Wrinkle Forward™ Option  
Beverly Clear™ Spring  
10000

# SCRATCH & DENT SALE!

## 60 SCRATCH & DENT APPLIANCES FROM LEADING APPLIANCE MANUFACTURERS

NEW STREET APPLIANCE	1	2
Point of Sale		
Clear View		

**242-8363**

43rd St. E. & 1st Ave. N. (2 blocks N. of Circle Dr.)  
Sundays Noon-4:30 pm

IN-STORE EVENT	1	2
Clear View		
Clear View		

**955-1444**

6th St. E. & Goodwin Ave. Behind Case Restaurant  
Sundays Noon-4:30 pm

# KitchenAid A NEW ERA IN KITCHEN DESIGN HAS ARRIVED

FRENCH DOOR BOTTOM MOUNT  
REFRIGERATOR WITH FREEZER DRAWER

**\$1799**

**REG. PRICE \$3000**

REG. PRICE \$2999

20 cu. ft. Capacity Interior Water Dispenser  
ClearVue™ LED Theater Lighting  
K0001

**NEW**

FRONT CONTROL SELF-CLEAN  
DOWNDRAFT ELECTRIC RANGE

**\$2599**

**REG. PRICE \$7000**

REG. PRICE \$2299

Gas Touch Controls  
EvenHeat™ True Convection  
K0002

TALL TUB BUILT-IN  
DISHWASHER

**\$1099**

**REG. PRICE \$2000**

REG. PRICE \$1299

Fully Integrated Console  
SoftClose® Black Upper Rack  
K0003

**PLUS!  
RECEIVE A  
\$300  
INSTANT  
REBATE**

**WHEN YOU PURCHASE 3  
SELECTED KITCHENAID  
APPLIANCES.**

Offer valid from  
August 17 - September 30, 2014



FIVE DOOR  
FRENCH DOOR  
REFRIGERATOR

**\$4299**

**REG. PRICE \$4000**

REG. PRICE \$3499

26.2 cu. ft. Capacity  
2 External Humidity Drawers  
Unparalleled Lighting  
K0004

FRONT CONTROL  
SELF-CLEAN  
ELECTRIC RANGE

**\$2499**

**REG. PRICE \$3000**

REG. PRICE \$2299

12" / 15" / 18" Triple Rupture  
Element, Even Heat™  
True Convection  
K0005

TALL TUB  
BUILT-IN  
DISHWASHER

**\$1399**

**REG. PRICE \$2000**

REG. PRICE \$1299

Third Level Rack,  
ThirdStar™ Option,  
28" 44" / 48" / 50"  
K0006



Price not valid  
on orders over  
**\$4,500**  
REG. PRICE



CHOOSE A

As a downsource retailer, we  
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CHOOSE means having the choice of a  
wide variety of products. It also means  
being able to place your order and  
to choose from our best products and  
make use of a number of service centers  
for one of our specialists.



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Exemplary price offers on  
various items selected by  
downsource retailers. Many  
this is for a limited time only!



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guarantee the price of all items  
for 30 days. If you find the  
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What a deal!

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Tips, hints and inspiration

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APPLIANCE WORLD

First Name

Last Name

City/State

**appliance world**

**242-8363**

42nd St. E. & 1st Ave. N. (2 blocks N. of Circle U.)  
Sundays Noon-4:30 pm

APPLIANCE WORLD

First Name

Last Name

City/State

**appliance**

**955-1444**

8th St. E. & Goodwin Ave. Behind Cafe Restaurant  
Sundays Noon-4:30 pm